

**I CLAIM:**

1. An exercise apparatus, comprising:  
an exercise device;  
a memory including a first memory portion;  
5 a receiver for receiving exercise programs transmitted over a first communication link; and

a control unit for supplying received exercise programs to said first memory portion for storage in said first memory portion as first exercise programs and for selectively controlling said exercise device in accordance with the first exercise programs.

2. The exercise apparatus according to claim 1, wherein said memory further includes a second memory portion for storing pre-stored second exercise programs and said control unit further selectively controls said exercise device in accordance with the second exercise programs.

3. The exercise apparatus according to claim 2, further comprising:  
selecting means for selecting the first and second exercise programs.

4. The exercise apparatus according to claim 3, wherein said memory further includes a third memory portion for storing data related to selected first and second exercise programs.

5. The exercise apparatus according to claim 4, further comprising:  
a transmitter, wherein said control unit supplies the data stored in said third memory portion to said transmitter and said transmitter transmits the data supplied thereto over a second communication link.

6. The exercise apparatus according to claim 5, wherein said receiver and said transmitter comprise a modem.

7. The exercise apparatus according to claim 5, wherein the second communication link is a telephone network.

8. The exercise apparatus according to claim 5, wherein the second communication link is a radio frequency communication link.

9. The exercise apparatus according to claim 5, wherein the second communication link is a satellite communication link.

10. The exercise apparatus according to claim 5, wherein the first and second communication links are different communication links.

11. The exercise apparatus according to claim 1, wherein said memory further includes a second memory portion for storing text items.

12. The exercise apparatus according to claim 11, further comprising: a display for displaying said text items.

13. The exercise apparatus according to claim 1, wherein said control unit outputs data to an external device during control of said exercise device in accordance with at least one of the first exercise programs.

14. A method of operating an exercise apparatus including an exercise device having a memory with a first memory portion, the method comprising the steps of:

receiving exercise programs transmitted over a first communication link;

supplying received exercise programs to said first memory portion for storage in said first memory portion as first exercise programs; and

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selectively controlling said exercise device in accordance with the first exercise programs.

15. A central office for an exercise system, comprising:

generating means for generating an exercise program for controlling an exercise device; and

a transmitter for transmitting the exercise program over a communication link.

16. The central office according to claim 15, further comprising:

a receiver for receiving data transmitted over the communication link.

17. A method of providing exercise programs for controlling an exercise device, the method comprising the steps of:

generating an exercise program for controlling an exercise device; and transmitting the exercise program over a communication link.

18. An exercise system, comprising:

a central office, including:

generating means for generating an exercise program for controlling an exercise device; and

a transmitter for transmitting the exercise program over a communication link; and

at least one exercise apparatus, said at least one exercise apparatus including:

an exercise device;

a memory including a first memory portion;

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a control unit for supplying the received exercise programs to said first memory portion for storage in said first memory portion as first exercise programs and for selectively controlling said exercise device in accordance with the first exercise programs.

generating an exercise program for controlling an exercise device;  
transmitting the exercise program over a communication link;  
receiving exercise programs transmitted over said communication link;  
supplying received exercise programs to said first memory portion for  
storage in said first memory portion as first exercise programs; and  
selectively controlling said exercise device in accordance with the first  
exercise programs.

add art

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